

(89)

veganism (in general),
but most specifically
the type which is mostly
concerned with healthy
eating, healthy diet,
and wholesome (healthy)
foods

a) eat organic (if you can)
b) take herbal medicines (if you
can)
* (sparingly)

c) take wholesome foods.

d) take completely purified
water (if you can) (if you
have the ability)

continued...
wa Allahu Alam

1123. So, when faced with sudden bout
of illness,

a) Immediately enter / get into /
make your way (immediately
into your therapy room / house
b) concentrate on the problem /
sickness at hand, and